

TOWN OF WILBRAHAM

PARKS AND RECREATION DEPARTMENT

HIGH SCHOOL BASKETBALL LEAGUE RULES/REGULATIONS

Section A: Player eligibility and Rosters

Player Eligibility

1. Wilbraham
 - a. All participants must be residents of either Wilbraham/Hampden and/or attend MRHS.
2. Surrounding Communities
 - a. All participants must be residents of their particular community, school, and/or facility to participate in the league.
3. No player can play for more than one team in the Intramural League.
4. All players must have registered prior to playing and/or practicing.

Roster

1. Each team must have a coach that is 21 years or older. This person is responsible for submitting team rosters, scores, etc. and for the conduct of all players on the roster during that game and for all of their actions while partaking in the league.
2. The team representative is also responsible and guarantees that all League fees and costs associated with League participation will be paid in full.
3. Rosters are limited to ten (10) players for the boys, and fourteen (14) for the girls.
4. Any player not on the roster is considered to be ineligible, and the team will forfeit the game he/she partakes in and could possibly suffer further punishment.

Section B: Uniforms

Uniforms

1. Players must have numbered jerseys.
2. All players must have the same colored shirt.
3. There can be only (1) #0 or #00 per team.
4. The penalty for failure to comply with this will be a technical foul, and the team having to wear scrimmage vests.
5. Any player wearing a ripped or torn uniform will be considered ineligible.
6. All coaches are responsible that names and numbers are in the official book before the game starts. Any name or number not in the book will result in one technical foul shot per infraction.

Section C: Rules

Timing

1. Game will consist of two (2), 20-minute halves. The halves will be 18-minute running time and 2-minute stop time.
 - a. Time alterations will only occur if both coaches agree before or during game. For example, the time may be running time in the last two minutes of the game if the difference in the score is substantial.
2. Running time except for last two minutes of each half, timeouts, injuries and shooting fouls.
 - a. Clock follows normal high school basketball timing procedures with shooting fouls. Foul is committed clock stops, clock does not start again until ball goes live.
3. The Boys and Girls High School League will have a ten second half court violation rule in effect since there is no shot clock present.
 - a. A team shall not be in continuous control of a ball which is in its backcourt for more than 10 consecutive seconds.
4. Overtime:
 - a. If a game is tied at the end of regulation, there will be a max of two overtimes.
 - i. The first overtime will be four minutes long, with the last two minutes stop time.
 - ii. The second overtime will be two minutes long with the last minute stop time.
 - iii. If both teams are still tied after the second overtime, the game will end in a tie.
5. Four (4) time outs will be allowed per game per team – one-minute duration. Time-outs can be shortened when calling team is ready to play. There will be one time out per team per overtime period. Note: Time outs will not carry over from regulation time. Example: It doesn't matter if Team A has 3 time outs at the end of regulation and Team B has no time outs at the end of regulation, both Team A and Team B will have one time out per overtime session.

General Rules

1. The official National Collegiate Athletic Association (NCAA) rules of the current year and all of its changes if any that year will be observed. With the following exceptions:
 - a. Any fighting will result in the player's disqualification from the league for one calendar year and be subject to further disciplinary action.
2. Each player is allowed five (5) fouls.
3. One and One bonus will be administered at seven (7) team fouls. Double bonus at ten (10) team fouls.

4. Once one half has been completed the game is declared official. If during the second half the game needs to be stopped for inclement weather or other unforeseen events, the game will still be ruled as an official game. The Recreation Department or League Coordinators will not acknowledge any protest of this rule.
5. It is the policy of the League that protests regarding officials' calls will not be recognized.
6. All coaches are responsible that names and numbers are in the official book before the game starts. Any name or number not in the book will result in one technical foul shot per infraction.
7. Each team will be allowed a grace period of ten (10) minutes before their scheduled start time. (Ex: If scheduled start time is 7:00 PM then each team has until 7:10 PM to get five (5) eligible players present.)
8. Once a team is ahead by 20 points or more, that team is not allowed to full court press.
9. The Wilbraham Parks & Recreation Department **requires** that all players present play a minimum of half of the game, maximum participation during each game is strongly recommended.
 - a. Exceptions to the rule:
 - i. Injury, medical clearance must be provided to league directors, and parent must directly contact their particular league director.
 - ii. Discipline, if the player is sitting out a half because of a technical foul in the previous game, opposing coach should be notified before the game.
 - b. Enforcement:
 - i. Failure to comply with the rule will result in forfeiture of that particular game, regular season and/or playoffs. Multiple infractions will result in the team being excluded from the playoffs.
 - ii. If a coach, parent, or league director feels the rule has been violated enforcement will follow this process:
 1. Scorekeepers and officials will be consulted.
 2. If both the scorekeepers and officials cannot verify playing time, the team will be given a warning.
 3. The remaining games on that teams schedule the players will be charted by the scorekeepers and/or gym supervisor to verify playing time.

Forfeits:

1. Any team suffering two (2) losses by forfeit will automatically be expelled from the league and will forfeit all fees and assessments.
2. When a league game is scheduled and both teams are in attendance to play the game and one team has only four (4) players ready to start play, the following procedure will occur: (Note: For the purpose of this explanation, Team A will be the team with sufficient number of players present to play, Team B will be the team which is short one player present to play.)
 - a. If Team A elects not to play and allowing for the 10 minute grace time period (See General Rules # 7), then the game will be declared a win by forfeit to Team A and forfeit loss to Team B.
 - b. If Team A elects to play the game, a person may then play for team B providing that the coach or manager of Team A agrees that the person selected by Team B may be utilized. Once the game starts, it is considered a legal game and will be played to conclusion with the eventual winning team awarded a win and the losing team a loss.
 - c. If a player from Team B appears during any portion of the game, that player will be required to play and the person originally selected to play will discontinue playing at the first dead ball.
 - d. The jersey rule will be waived for a player selected to play such a game.
 - e. The person selected to play may be a player from any team in the league. However, it must be absolutely clear and agreed that unless Team A is in complete agreement with the selected player, the game will be forfeited prior to starting play.

Playoffs:

1. If allowable for the Boys and Girls Division all teams will make the playoffs.
2. Tiebreaker Rules:
 - a. Head to Head, winner gets higher seed.
 - b. Better Record against common opponents gets higher seed.
 - c. Coin Flip, winner gets higher seed.

Section D: League Decorum

Technical fouls will be issued for yelling, inappropriate language, taunting, or any behavior deemed inappropriate for a Recreational League. The league has instructed all officials and gym supervisors to follow a zero tolerance policy when it comes to coaches and parents harassing officials, players, or other parties associated with the league.

Any fighting amongst league players will be treated as an assault and battery case. Fighting amongst league players will not be tolerated and all cases will result in the police being notified.

Any player receiving a technical foul, regardless of the reason, will be required to sit out the remainder of the half. If the technical takes place with 2 minutes or less remaining in the first half, the player will sit out the remainder of that half, and the entire second half. If the technical takes place with 2 minutes or less remaining in the second half, the player will sit out the remainder of that half, including any overtime periods, and the first half of their next game.

Two (2) technical fouls/Thrown out = a one (1) game suspension.

Three (3) technical fouls = meeting with Recreation Director, and a two (2) game suspension.

Four (4) accumulated technical fouls in one season by any one player will result in suspension for the remainder of the season. The league commission will decide any further participation in Wilbraham Recreation Department programs.

Five (5) accumulated technical fouls by a team in one season will result in that team being automatically eliminated from playoff consideration, and possibly further participation in the league.

*If and when a player receives his second, third, or fourth technical foul they are automatically ineligible from playing any remaining minutes within the game they receive their second, third, or fourth technical foul.

Section E: Cancellations and Calling in Score

Cancellations:

1. Cancellations of all basketball games will be made two (2) hours before tip-off.
2. All cancellations will be on the Sports Hotline 596-2402.

Calling in Scores:

1. Winning team must call in the winning score into the Sports Hotline 596-2402.
2. The Sports Hotline is a recording after which the winning coach reports the date, the opponent and the score.

Section F: League Philosophy

The Intramural High School Basketball League was created several years ago to give high school aged students a chance to participate in a fun, safe, well structured environment. The main purpose of the league is not winning, but allowing the kids a venue to continue playing basketball without the pressures of parents, coaches, playing time, winning/losing and other stressful situations that youth sports have evolved to.

The league is Recreational by nature, and the ultimate goal is to have equal competition amongst all teams, fair playing time for each and every player on the roster regardless of ability, and each participant to end the year with an enjoyable experience and maybe a couple of new friends.

**~~"The Benefits are Endless..."~~
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